SAFE OVER SUMMER

Manual Handling

Kitchen & Retail

Kitchens run high pace and high volume. Repetitive tasks, hot environments, slippery floors, heavy pots, waste bins, and trolley work create cumulative strain. Safe Manual Handling or BodySafe focuses on load sharing, posture control, microbreaks, and rotation.

Primary Risks & Hazards to Spot

- Repetitive twisting on tray loading and plating lines
- Lifting large pots, boxes, and containers
- Forward bending over low benches
- Wrist strain from repetitive scooping, spraying, or dishwashing
- Heavy trolleys with limited visibility
- Slippery dishwash areas causing sudden force movements

Discuss / Share:
What part of service puts the most pressure on your body?
Where do slips or awkward lifts happen most?

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Critical Controls

- Rotate between tasks regularly to keep the load minimal.
- Keep trays and loads close; face the task to avoid twisting
- Use two hands when loading or unloading trays
- Limit loads in tubs and trolleys to avoid heavy push/pull
- Set up benches, racks, and tray lines to minimise reach
- Take microbreaks and stretch forearms, shoulders, and lower back

Discuss / Share:
Where could layout changes reduce bending or twisting?